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Wednesday, 30 September 2015

How to make rice balls

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Ghana rice balls - Omu tuo



Posted by [Aftrad Village Kitchen](#) at 06:31 No comments:



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Friday, 18 September 2015

How to skim off oil from Palmnut soup

How to skim off oil from P...



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This is the oil that was skimmed off the soup. Let it cool and store in the fridge for use within some couple of days or freeze for longer storage. Use the palm oil for abomu (see garden egg or kontomire abomu posts). This flavour infused oil will add to the taste of the abomu, making it so yummy.



Posted by [Aftrad Village Kitchen](#) at 14:37 No comments:

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Saturday, 28 February 2015

How to separate the skin from roasted peeled peanuts



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About Me



Aftrad Village Kitchen

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It's my passion to educate and teach how to cook African food. My aim is to help people connect with their identity through food.

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